



excellence

The Martial Art For Life SEPTEMBER/OCTOBER 2011

Welcome to **excellence**, the monthly newsletter for Ealing Choi Kwang-Do School.

Choi Kwang-Do (CKD) is a revolutionary martial art that is unique in many ways. We aim to develop our students in the following 3 areas:-

Optimum Health

The techniques are designed to work in harmony with the human body eliminating unnecessary stress and hyperextension. CKD training provides many opportunities to enhance your strength, flexibility, agility and co ordination. Maintenance of one's health is important to everyone.

Self Defence

Avoidance and awareness are paramount. However, if you have to use your defensive skills, the fluid yet powerful striking techniques enable you to stun or stop an attacker, even as a smaller person.

Personal Development

An important focus of CKD is personal and social development, and the benefits that can be gained through positive attributes such as discipline, self-confidence and respect.

EALING CKD

Ellen Wilkinson School for Girls
Queens Drive
North Ealing
London W3 0HW

Monday & Wednesday
Children (ages 6 – 12)
5.30pm & 6.30pm
Teens & Adults (ages 13 years +)
7.30pm – 8.30pm

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CKD 25th Anniversary Seminar

For the next several months, most of the CKD websites, blogs and other social media will be buzzing about one thing: the 25th anniversary seminar in Atlanta in March 2012.

2nd March marks the date when Grandmaster Kwang Jo Choi announced CKD to the world 25 years ago.

When officially launched in 1987, *Choi Kwang-Do: The Art of Grandmaster Kwang Jo Choi* was the consolidation of years of tweaking and refining his experiences in Tae Kwon-Do, his studies into how the body moves and works best, combined with advancements in physical exercise.

CKD was devised as a method of blocking, punching, striking and kicking that was not only effective and powerful, but also good for the body. A training system that provides practical self defence skills, but also improves one's overall health in the environment that promotes personal development; good manners, self-confidence and self-discipline, integrity and respect of oneself and others.

March 2nd also coincides with GMC's 70th birthday, so the seminar is a double celebration! Students and instructors from all over the world are now making plans to travel to Atlanta for the seminar which actually takes place on 31st March, but is part of several days of events:

Monday March 26th Welcome all students, instructors and families.

Tuesday March 27th Black Belt Tests: 1st Degree - 3rd Degree. 4th Degree and above to be confirmed.

Wednesday March 28th CKD Contest
Individuals and Teams.

Thursday March 29th CKD Contest
Individuals and Teams.

Friday March 30th Sightseeing: Coca Cola, CNN, Martin Luther King, Aquarium, and Downtown Atlanta

Saturday March 31st 25th Anniversary Seminar, Contest Finals, Dinner Banquet
Grandmaster Kwang Jo Choi's 70th birthday celebrations.

Sunday April 1st Fun Day & Picnic

Monday April 2nd CKD Business Meeting for School Owners

Tuesday April 3rd Goodbyes and farewells to the CKD families from around the world.

I have already emailed some preliminary information with package costs and details. I am also in regular contact with other instructors who are investigating alternative options and I will be keep everyone updated as and when I have new information. If you are interested in coming along, please let me know as soon as possible; the number of people attending is helpful in securing the best group deals on flights, accommodation and car hire.

Pil-Suhng!

PS. Grandmaster Choi will be featured on the front cover of the March 2012 issue of *Tae Kwon Times* to coinciding with our 25th Anniversary. This magazine will also feature 4 - 5 pages of CKD history and information which will benefit all CKD schools worldwide. Plus, a 2-page listing of all CKD schools worldwide. If you see a copy in the shops – buy it; it will be a great souvenir. If you miss out, I will have a limited number of copies for sale on a first come first served basis.

STUDENT COMMUNICATION

Alongside class announcements I mostly use email to communicate with students and families. Please double check that jason@themartialartforlife.com and themartialartforlife@gmail.com are added to your email contacts list to ensure my emails aren't being filtered as spam.

Safety Equipment

A reminder for those recently promoted to White Belt Senior or Yellow Belt that you need to purchase safety equipment, the padded gloves and boots that protect the wrist and forearms during Defence Drills. NB. These are the only compulsory pieces of training equipment. Available in black or blue (and if you're prepared to be a little patient, red, yellow, white or pink) and priced at £49.00 with a matching bag. Order and pay in class or online at: www.TheMartialArtForLifeShop.com/page2.htm

Allow 2 weeks for delivery in class. If you plan to purchase you own elsewhere please check with me first as not all gloves and boots are suitable for our classes.

Subscribe to our monthly eNewsletter at www.TheMartialArtForLife.com

Grading Results

Congratulations to the following students who were successful at the grading in August:

Joao Pires – Brown Senior
 Catia Oliveira – Brown Senior
 Eamon O'Brien – Brown
 Katarzyna Stawarz – Red Senior
 Rufus Norris – Blue
 Raphael Shah – Green
 Joanne Taylor – Orange Senior
 Becky Brittain – Orange
 Lewis Alleyne-Lestrade – Gold Senior
 Jay Hamilton – Gold Senior
 Adam Phillips – Gold Senior
 Rayan Alachbili-Chihab – Gold Senior
 Lorenzo Mwenewanda – Gold
 Jio Butler – Gold
 Kaifa Villafana – Gold
 Kayleigh Simpson – Yellow Senior
 Troy Munroe – Yellow Senior
 Raza Mahmood – Yellow
 Karl Palmer – Yellow
 Gary Withfield – Yellow
 Aaron Murphy – Yellow
 Lavinina Waters – White Senior
 Mark Dalling – White Senior
 Tony Nicholls – White Senior
 Nadia Stewart – White Senior
 Michelle Griffin – White Senior
 Michael Kyriacou – White Senior

Grading dates for the remainder of 2011:

COLOURED BELT (all at Ealing CKD)
 Wednesday 19th October
 Wednesday 7th December

BLACK BELT (all at Wembley CKD)
 Sunday 18th September
 Sunday 4th December

LEADERSHIP & BLACK BELT TRAINING (all at Crowne Plaza)
 Friday 16th September (amended date)
 Friday 7th October
 Friday 4th November
 Friday 2nd December

For additional Leadership & Black Belt Training remember there are sessions at Hendon CKD run by Mr. Dean Ali. For dates and details visit:

http://hendonckd.co.uk/content/?content_id=20 or contact Mr. Ali directly on 07912 617 050. Next class at Hendon CKD is Friday 9th September, 6.30 – 9.00pm.

Grandmaster Pereira Instructor Workshop

Grandmaster Pereira will soon be in the UK to conduct a 2 day business training seminar for School Owners, Head Instructors and Assistant Instructors. The seminar is also open to potential School Owners, Head Instructors and Assistant Instructors. As one of the founders of CKD in the UK (and my first instructor when I started Tae Kwon-Do in 1985), Grandmaster Pereira has a wealth on knowledge and experience.

The business seminar will take place in two different locations in London to ensure that everyone has a fair chance of attending. The closest session to Ealing is on Saturday 17th September.

Location – Day 1

Kensal Rise CKD School
 Moberly Sports & Education Centre
 The Quadrant
 101 Kilburn Lane
 London W10 4AH

Workshop Details

Workshop 1: School Owners & Potential School Owners
 Workshop 2: Head Instructors & Potential Head Instructors
 Workshop 3: Assistant Instructors & all Potential Assistant Instructors

Time

12:00pm – 3:00pm*
 *School Owners: 12:00pm – 4:00pm

The second session takes place at the Cassar Academy on Sunday 18th September at the same times following the same format.

Location – Day 2

Cassar Academy of Choi Kwang Do
 36 Aberconway Road
 Morden
 Surrey SM4 5LF

Assistant Instructors: £15.00
 School Owners & Head Instructors: £25.00

Please register in a timely manner directly with Master Arnese for Saturday and Master Cassar for Sunday, as spaces are limited.

After the seminar on Sunday there will also be a School Owner's meeting regarding the CKD 25th Anniversary Seminar in Atlanta on March 31st 2012 (see page 1). I'll be feeding back any updates in the following classes.

A New Term Begins

Firstly, thanks to everyone for accommodation a number of small changes to classes over the summer. We needed to adjust some timings based on the hotel meeting room usage. I also made some changes to better service the number of students attending over the holidays.

We are back at Ellen Wilkinson School from **Monday 12th September** at the regular times and I wanted to remind students and families of some specific school rules and guidelines:

Jewellery

Purely for safety, risk of injury or breakage, please remove any chains, bracelets, rings or earrings before class.

Uniforms/T-Shirts

Official school T-shirts can still be worn until the end of September. They should be worn tucked inside the dobok trousers with the belt over the top of the trouser waist band. Dobok jacket sleeves should be fully extended (obviously one or two turns are fine if you cannot see your hands!)

Entering and leaving the dojang

Bow, *Pil-Suhng Sir*, *Pil-Suhng Ma'am*, then enter (or leave).

There's nothing new here; all of these points and more are sent to all new students by email (or by post if you joined before 2008). As always, let me know if you have any queries.

Website Updates

I'm hoping to make improvements to our school website TheMartialArtForLife.com and I'm looking for your help...

Testimonies

Firstly, the student and parent testimonies on the website are a little outdated and it would be good to have some more recent ones. All I require are a few sentences briefly explaining what you like about CKD and our classes. Feel free to include any benefits you or your child has gained from training. The best way to do this is to send it to me via email. An accompanying picture would be excellent, but not compulsory.

Instructor Profiles

Our team of Assistant and Head Instructors has changed over the years, but we've never once had a profile of them on the website. I will be contacting all Instructors (via email) with a small list of questions that I'd like to you respond to. For the Instructor profiles a photo will be required.